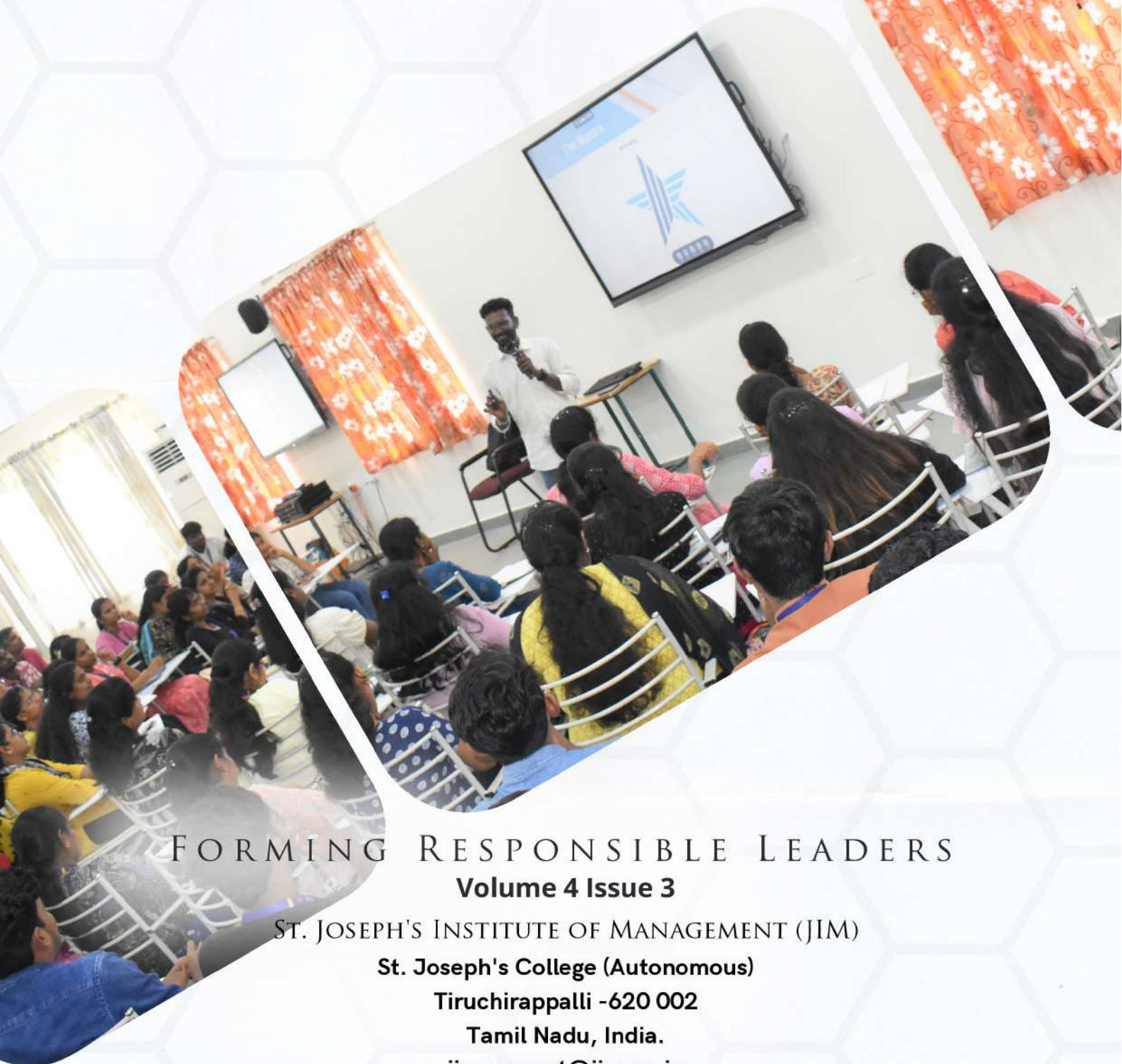


TODAY A READER TOMORROW A LEADER

JIM CONNECT

E-Newsletter



FORMING RESPONSIBLE LEADERS

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Ignatian Decision-Making : A Spiritual Approach to Life Choices

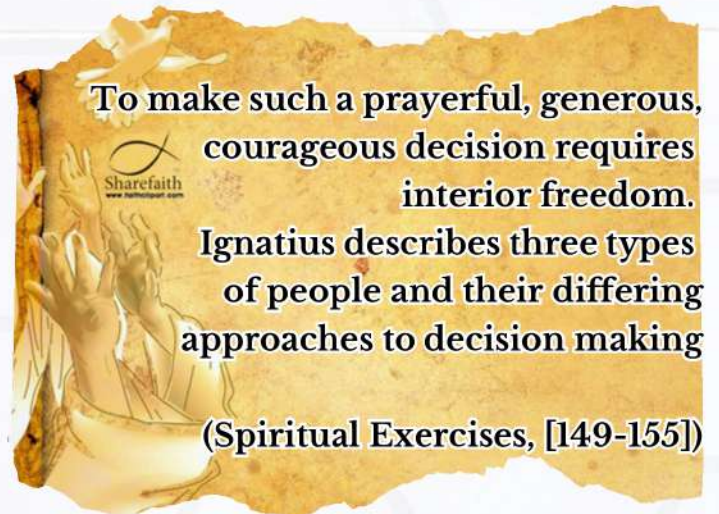
Decision-making is an integral part of life, especially for students who are constantly navigating an ocean of choices regarding academics, career paths, and personal growth. The pressure to make the "right" decisions can be overwhelming, leading to anxiety and self-doubt. In this context, the Ignatian approach to decision-making, rooted in the spiritual practices developed by St. Ignatius of Loyola, offers a profound and holistic way to approach these choices.

This method, often referred to as Ignatian discernment, combines spiritual reflection with practical reasoning, guiding individuals to make decisions that align with their deepest values and life purpose. At the heart of Ignatian decision-making is the desire to seek and follow God's will. This involves prayerful reflection where one asks for divine guidance, listens deeply, and remains open to inspiration from the Holy Spirit.

The focus is on aligning one's actions with a higher purpose rather than personal desires or societal expectations. In Ignatian terms, indifference does not mean apathy but a state of inner freedom. It is the ability to remain open to any outcome that aligns with God's will, without being overly attached to a specific choice. This principle encourages students to approach decisions with a sense of detachment from worldly gains like prestige or financial rewards, allowing them to choose what genuinely feels right. Ignatian decision-making is highly relevant in today's world, where students face complex choices in academic, professional, and personal spheres.

Below are examples of how this approach can be applied in various contexts:

Choosing a Major or Elective Courses - For many students, deciding on a major or selecting elective courses can be daunting. The Ignatian approach encourages students to start with self-awareness—understanding their career goals, interests, and strengths. This is followed by prayer and reflection to seek clarity on their aspirations. Gathering information about available courses, speaking with professors, and understanding how each course aligns with industry demands are practical steps that should follow. As they weigh the options, students should pay attention to their inner movements—do some courses evoke excitement and curiosity while others feel burdensome? The goal is to choose courses that resonate with their goals and elicit positive feelings of enthusiasm and peace.



Navigating Ethical Dilemmas - In both academic and personal life, students often encounter ethical dilemmas. Ignatian decision-making encourages students to recognize their moral principles and the kind of person they aspire to be. Gathering all relevant information, understanding the consequences of various actions, and considering the ethical implications are necessary steps in this process. Students should observe their feelings of integrity, peace, or discomfort as they evaluate each option, and opt for the action that upholds their ethical standards and contributes to the greater good.

Managing Time and Commitments - The life of a student is often characterized by multiple commitments—academic deadlines, extracurricular activities, internships and placements, and personal responsibilities. Managing these effectively requires a disciplined approach. Ignatian principles suggest that students start by acknowledging their priorities, energy levels, and limits. Listing all commitments, deadlines, and personal needs helps in visualizing the overall picture. By observing which choices lead to feelings of balance and which lead to stress, they can organize their schedules in a way that aligns with their priorities and promotes a healthy work-life balance.

Making decisions that align with inner peace reduces anxiety and fosters a sense of calm. Students who practice Ignatian decision-making are less likely to experience regret or second-guess their choices. To fully benefit from Ignatian decision-making, students can incorporate these practices into their daily routines

God has created me out of love, and my salvation is found in my living out a return of that love. All my choices, then, must be consistent with this given direction in my life.”

(Spiritual Exercises, [16, 169, 23])

By setting aside time each day for introspection helps students assess their experiences and feelings, making them more attuned to their inner movements. Writing down thoughts, decisions, and the reasoning behind them allows students to track their growth and recognize patterns in their decision-making processes. Practicing mindfulness helps students stay present and aware of their thoughts and emotions. This awareness is critical for effective discernment.

St. Ignatius of Loyola’s approach to decision-making offers a profound way for students to navigate the complexities of academic, professional, and personal life. By seeking God’s will, practicing indifference, discerning the spirits, and reflecting on consolation and desolation, students can make decisions that lead to greater peace, love, and service in their lives. As students strive to make thoughtful and intentional choices, the Ignatian way provides a spiritual framework that remains deeply relevant today.

**Dr S Manoharan
Placement Officer, JIM**

Women are Making Big

Dr. Priya Morais in our interview with her, highlighted the shift towards gender equality, with women increasingly taking on leadership roles and driving economic growth. Women's participation in entrepreneurship has surged, with 48% involved in startups in 2023, compared to 32% of men. India ranks 57th on the Mastercard Index for women entrepreneurship, showing potential for progress.

When we questioned her about decision making, she shared her experience with decision-making challenges, particularly in risk assessment and the responsibility of making impactful decisions for an organization. She said, "Decision-making involves continuous refinement and adaptation. Decisions are tested through implementation, and constant adjustments are often required to address unforeseen problems". While discussing significant decisions, it was highlighted that risk-taking is integral to business and noted that no decision is inherently "best" or "worst"; rather, it is an ongoing process of learning and improving.



**Dr. Priya
Director
Morais Groups**

Dr. Priya advised students and young professionals to trust their journey and the preparation they received during their education. Embracing fears and challenging oneself are essential for growth. She encouraged them to master their subjects, trust in their capabilities, and face challenges head-on to discover their strength and potential. About competitiveness, she stressed that a healthy work environment does not foster competitiveness but rather focuses on collective growth. It is important for one to break out of comfort zone, expanding horizons, and continually adapting.

A key takeaway from her leadership approach is that growth often involves overcoming significant challenges. Dr. Priya Morais compared growth to a vulture's renewal, where enduring painful challenges is crucial for transformation. Like the vulture, which must break its beak to renew, true growth requires embracing difficulties for lasting success and transformation.

**“A leader should inspire and guide rather than merely enforce,
representing the qualities of a good visionary.”**

**Interviewer
Janice Hemila P S
24PBA155**

Gen AI: A Philosopher's stone

As with any innovation, generative AI presents both challenges and opportunities. We can find its potential for positive impact across various fields is vast, this technology is not merely a tool but a powerful ally that can enhance productivity, streamline processes, and provide support in ways that were once unimaginable.

Let us peep into the world of AI through these lens- Google's Gemini AI, a prominent player in the field, offers functionalities that significantly improve efficiency. Despite being in its early stages, Gemini's capabilities are notable. For instance, its Gmail plugin allows users to access emails via Google Workspace, summarize unread messages, and even draft responses using the "Help me write" feature. These features enable professionals to streamline communication, manage their inboxes more effectively, and save valuable time for higher-priority tasks.

When it comes to acquiring new skills or knowledge, YouTube is often the platform of choice. Navigating through introductions, advertisements, and the ubiquitous "Like, Comment, and Subscribe" prompts can be time-consuming, by utilizing Gemini's "@YouTube" prompt, professionals can bypass these distractions, receiving direct transcripts, summaries, and translations of videos within seconds. This functionality saves time and enhances learning, making it easier to apply new knowledge at work.

OpenAI's ChatGPT, a pioneering AI, continues to evolve, offering capabilities that extend beyond its original design. Among its most useful features is the Market Research and Competitor Analysis GPT plugin. This tool allows professionals to gather valuable demographic and psychographic information efficiently. Additionally, it facilitates sentiment analysis, providing deeper insights into consumer perceptions and market trends. These features make ChatGPT an invaluable resource for project work, presentations, and strategic business planning.

The SciSpace plugin, another ground-breaking AI tool, allows interaction with over 287 million research papers, by incorporating this plugin, users can engage with AI to obtain highly accurate and relevant information. Comparative studies have shown that results produced with SciSpace are more precise than those generated by standard AI tools, making it an indispensable resource for both academic research and professional development.

As we look to the future, the role of generative AI in professional settings will undoubtedly expand. Innovations such as augmented reality (AR) combined with AI could create immersive work environments, while advancements in natural language processing (NLP) may lead to more intuitive AI-driven tools. As these technologies continue to develop, they will not only transform how we work but also redefine the professional landscape, making processes more efficient, personalized, and engaging than ever before.

The Ripple Effect

The recent stock market crash has agitated a ripple effect in the rising economic uncertainty; it had sent shockwaves through global financial markets and caused an economic disruption worldwide. The volatile nature of stock prices has taken the investors on a psychological setback. Global stock market has dive to the biggest knock and Japan Nikkei 225 has dropped the most since 1987.



The decline in other Asian markets reflected into sharp losses, with significant drop in NASDAQ, Nifty and Sensex. U.S recession has escalated geopolitical tensions, along with that Yen's carry trade has led to turmoil in the Japanese market. August 5, 2024, the bank of Japan raised interest rates, causing appreciation of the Japanese yen. This move confused global markets, especially carry trade, where investors borrow in yen to invest in high to

yield assets. The sudden rise in the Japanese yen made investors not to do these trades, which led to disturbance in currency markets and various assets as they try to rebalance their portfolios.

The U.S Labor department stated that nonfarm payrolls grew by just 114.000 in July 2024, falling below market expectations and a rise in the unemployment rate is seen. High geopolitical tensions, especially with Iran and its middle eastern allies, have also affected the crude oil market.

The global stock market crash has caused a ripple effect in the Indian stock market, resulting in higher volatile and higher capital outflow. Sectors with strong stakes to global market, like IT, shipping and pharmaceutical, have been the most affected. The rupee's depreciation and global economic uncertainty are putting pressure on the Indian market.

For long term investors, the Indian markets still hold potential, despite current challenges, India's strong economic base and expanding digital economy offers opportunity for growth. Sectors driven by local consumers spending, infrastructure and government policies could be promising. As the global economy recovers, India may present solid investment prospects, through caution and portfolio diversification are advised due to ongoing uncertainty.

**Word
of the
Month!**

Carry Trade

Carry trade is a financial strategy where investors borrow low-interest currency to invest in higher-yield assets, profiting from the rate difference.

Sponsa I
23PBA201

Let's Know

Jasper AI: Your Key to Academic Excellence

Jasper.ai, formerly Jarvis.ai, is an AI writing assistant that rapidly generates various content types using natural language processing. It creates original ideas, develops content, and enhances existing material.

Students can use Jasper.AI to:

1. Summarize and highlight key points for case studies
2. Craft professional emails
3. Create marketing content (ads, product descriptions, slogans)
4. Develop LinkedIn profiles, resumes, and cover letters



This tool boosts productivity, creativity, and communication skills, supporting both academic and career goals. As AI becomes more prevalent in business, familiarity with such tools may prove increasingly valuable. From the academic perspective, Jasper.ai should enhance, not replace, students' critical thinking and writing skills. Ethical considerations, including proper attribution and academic integrity, must be prioritized. As AI-assisted work are common, proficiency with tools like Jasper.ai can give students access to volume of ideas and content.

Jerome R
24PBA154

Let's think

Change or Chance

There is always a dispute about how much success comes from luck vs hard work. Unquestionably, hard effort is essential for developing abilities, experience, and resilience. But luck frequently has an erratic effect that might favour the odds. For example, in the era of tech StartUp, innumerable businesspeople devoted endless hours to creating ground-breaking products. Yet, a select few, like the founders of WhatsApp and Instagram, had the good fortune to be present at the right moment to witness the rapid advancement of digital technology.



In this context, Vinesh Phogat, we find that she exemplifies the delicate balance between hard work and luck in the pursuit of success. Phogat has demonstrated extraordinary dedication to her sport, earning numerous national and international titles. Her rigorous training, discipline, and relentless pursuit of excellence are undeniable. But still her journey has also been marked by instances where luck, or the lack thereof, played a significant role. When the toughest seem easy and the easy seem tough. So what do you say, Do we need change or chance to be successful?

Let's know what you think
@jimconnect@jim.ac.in

Vignesh Phogat : Unbroken Spirit

As another thrilling Olympic season comes to a close with all eyes upon the continent of Paris, stories are emerging about the athletes who leave it all on the mat. One such tale is the journey of Vinesh Phogat, whose journey in wrestling is a prolific blending of piquant yarns that inspired others, females especially. Vinesh Phogat hails from a tiny village in Charkhi Dadri, Haryana. She watched her cousins, Geeta and Babita Phogat, push boundaries of the sport suited for males. With the counsel and backing of her uncle, and coach, Mahavir Phogat, Vinesh began wrestling at the young age of 14.



Being a female in a male-dominated and male-centred sport, she faced many challenges over the years. With tireless effort, she won many national and international titles; claiming gold medals in the Commonwealth Games and the Asian Games. Vinesh had faced a number of personal adversities in the 2016 Rio Olympic Games. She suffered a major knee injury in the quarter-finals of the competition which dashed any hopes of earning a medal.

But, Vinesh had no intentions of falling behind. In the late fall of 2019, after spending months recovering, she returned to being a competitive athlete and earned a spot in the Tokyo Olympic Games. Vinesh Phogat faced some difficult years post Rio, including challenging controversies, and a suspension by the Wrestling Federation of India. She protested against the circumstance that firmly challenged women's wrestling and female representation. Despite all these she remained focused on her goal and experiences to earn an Olympic medal.

Although she gave an amazing performance at the Tokyo Olympic Games in 2021, it is regrettable that she was unable to secure a medal. Her resolve to earn an Olympic medal continued and demanded yet another three-year training process and goal setting. The odds of being successful did not hinder her efforts. When the Olympiad and Olympic timelines drew to the end a three year wait, the Phogat family earned an opportunity to wait to attend the 2024 Paris Olympic Games and take the mat one last time. As we know the story and once again this time too she did not leave with an Olympic medal, yet her determination was not only an inspiration but a great meaningful experience when dreaming of a successful Olympic trajectory. Vinesh Phogat yet again demonstrated to the world that true greatness and being a true champion is more than just being or earning a winning or medal; true greatness is about believing, continuing, and showing resolve call courage.

Merlin J
24PBA252

The Four Agreements

by Miguel Ruiz, Janet Mills

"The Four Agreements" by Don Miguel Ruiz, with Janet Mills, is a transformative guide that offers a code of conduct for achieving personal freedom and happiness. Published in 1997, this concise yet philosophical book has touched millions of lives worldwide, providing a simple yet powerful framework for personal growth and spiritual enlightenment. At its core, "The Four Agreements" presents four principles derived from ancient Toltec wisdom, let's look into them-

Be Impeccable with Your Word - This first agreement emphasizes the power of language and encourages readers to speak with integrity. Ruiz argues that our words have the ability to create or destroy, to heal or harm. By being impeccable with our word, we commit to using the power of speech to spread truth and love, rather than engaging in gossip, criticism, or self-deprecation. This agreement challenges us to be mindful of our speech, both towards others and in our internal dialogue. It reminds us that the words we choose shape our reality and influence those around us.

Don't Take Anything Personally - The second agreement invites us to liberate ourselves from the burden of others' opinions and actions. Ruiz defends that nothing others do is because of us - it's a reflection of their own reality, their own dreams, and their own projections. By not taking things personally, we free ourselves from unnecessary suffering and emotional turmoil. This principle thus encourages emotional resilience and self-assurance. By understanding that others' actions are more about them than us, we can navigate life with greater equanimity and compassion.

Don't Make Assumptions - third agreement warns against the dangers of making assumptions and jumping to conclusions. Ruiz argues that many of our conflicts and misunderstandings arise from our tendency to assume we know what others are thinking or feeling. By avoiding assumptions and instead seeking clarity through communication, we can prevent unnecessary drama and confusion in our lives. This agreement promotes open and honest communication. It encourages us to ask questions, express our desires clearly, and seek to understand others rather than projecting our own interpretations onto their actions. By doing so, we can build stronger, more authentic relationships based on mutual understanding.

Always Do Your Best - The final agreement encourages us to give our best effort in all circumstances, while acknowledging that our "best" may vary from moment to moment. Ruiz emphasizes that doing our best is not about perfectionism, but about showing up fully and authentically in each moment, given our current state and resources. This principle thus fosters self-acceptance and continuous growth. It teaches us to be kind to ourselves while still striving for excellence. By always doing our best, we can avoid self-judgment and regret, knowing that we've given our all in each situation.

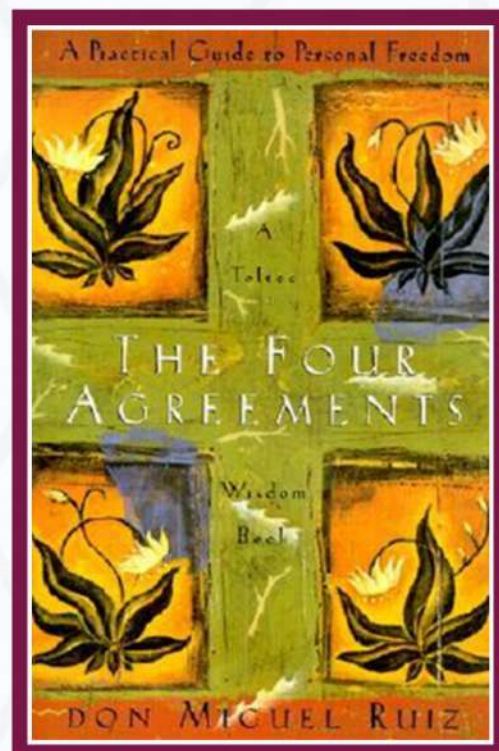
The beauty of "The Four Agreements" lies in its simplicity and universality. Ruiz's writing style is accessible and engaging, blending storytelling with practical advice. He draws on his background in Toltec wisdom, a philosophical and spiritual tradition originating in ancient Mexico, to offer insights that resonate with modern readers. The book's tone is compassionate yet firm, gently challenging readers to examine their beliefs and behaviors while offering a path towards greater freedom and authenticity.

The book also addresses the concept of "domestication" - the process by which we internalize societal norms, beliefs, and expectations from childhood. Ruiz suggests that many of our limiting beliefs and self-sabotaging behaviors stem from this domestication. By becoming aware of these ingrained patterns and consciously choosing to adopt the four agreements, we can break free from these limitations and live more authentically. While the principles in "The Four Agreements" may seem straightforward, their implementation often requires significant effort and practice. Ruiz acknowledges this challenge, encouraging readers to be patient and persistent in their journey of personal growth. He emphasizes that change is a process, and that slip-ups are natural and part of the learning experience.

The book's impact extends beyond individual growth, touching on how these principles can improve our relationships and communities. This ripple effect of personal transformation leading to societal change is a powerful and inspiring aspect of Ruiz's philosophy.

In education, teachers and counsellors have adapted the four agreements to help students develop emotional intelligence and resilience. In healthcare, these principles have been used to improve patient-provider communication and to support individuals in managing chronic conditions. In the corporate world, such agreements have been employed to enhance leadership skills, team dynamics, and customer service.

Whether read as a spiritual guide, a manual for better relationships, or a tool for personal empowerment, "The Four Agreements" continues to inspire and transform lives even more than two decades after its initial publication.



Book Reviewed by
Ms Restina James
Chair, Campus Ministry
Assistant Professor, JIM

The first Management Development Programme of 2024-25, "Understanding Organizational Behaviour and Personal Development," was held on August 2 for Kothari Sugars & Chemicals Ltd. employees at JIM. Over 100 participants explored emotional intelligence, work-life balance, and teamwork through dynamic sessions led by JIM faculty and company leaders.



The Mock Placement Drive on August 17, at JIM, offered students a real-world recruitment experience, complete with aptitude tests, group discussions, and interviews. With industry experts and alumni as interviewers, students sharpened leadership, communication, and analytical skills—gaining crucial insights to excel in future placements while maintaining professional standards.



From August 6-8, JIM hosted a dynamic workshop for 65 II PG Data Science students from St. Joseph's College, Trichy. Led by Dr. Albin D Robert Lawrence and Ms. Restina, the sessions focused on crafting standout resumes, mastering group discussions, and sharpening interview skills empowering students to ace the job market.



On August 28, 118 II year MBA students from JIM undertook their annual pilgrimage to Poondi Madha Basilica, seeking blessings for successful placements. Accompanied by faculty the students took a procession reciting the rosary. Rev. Dr. S. Mariadoss SJ, Rev. Dr. P Paulraj SJ, and Rev. Fr. I Antony Inico SJ celebrated the 3:00 pm mass emphasizing the importance of spiritual grounding for future aspirations, blending faith with academic and professional well-being.



The I year MBA students on 28 August visited NAGA Foods Ltd in Dindigul, gaining practical insights into food manufacturing, quality control, and industry logistics. They observed production processes, interacted with professionals, and learned about operational strategies and supply chain management. This experience enriched their academic knowledge, bridging theoretical concepts with real-world applications in the food industry.

தீருக்குறள்

குறள் 466

செய்தக்க அல்ல செயக்கெடும் செய்தக்க
செய்யாமை யானுங் கெடும்.

செய்யக்கூடாதவற்றைச் செய்வதாலும், செய்யத்தக்க
செயல்களைச் செய்யாமல் விடுவதனாலும் அழிவு வரும்.

TRANSLATION

'Tis ruin if man does an unbecoming thing;
Fit things to leave undone will equal ruin bring.

EXPLANATION

He will perish who does not what is not fit to do; and he also will
perish who does not do what it is fit to do.

Shobhana S | 24PBA133

Jeya Christy Selvam E C | 24PBA134

Merlins Ruskin A | 24PBA156

Janani S | 24PBA234

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